

# RENEWAL

*of heart, mind, body, spirit*



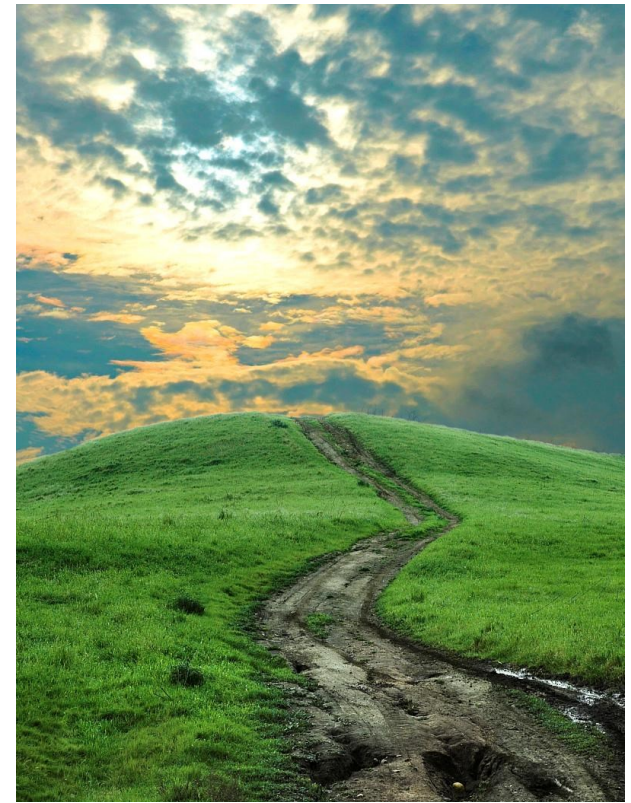
## MISSION STATEMENT

*Mercy Center Auburn offers and supports opportunities to enhance the life of prayer and spiritual growth of persons and communities. We offer hospitality to persons, ministries, and service groups whose philosophy and beliefs are in harmony with gospel values. We host groups who, like the Sisters of Mercy, are committed to the betterment of the poor, the sick, the uneducated, and the seeker."*

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Mercy Center Auburn is sponsored by the  
Sisters of Mercy of the Americas,  
West Midwest Community



MERCY CENTER AUBURN



## SPIRITUAL DIRECTION

## SPIRITUAL DIRECTION *and the road to Emmaus*



A wonderful image of spiritual direction is the Scripture story of the two disciples going to Emmaus after the death of Jesus. Along the way, they are talking about the things which have happened in Jerusalem. They are sad, troubled, and confused.

Suddenly, a stranger catches up to them. He asks about what they are discussing. They pour out their troubles to the companion. He listens to them and opens up the Scriptures to them.

In the course of their exchange, Jesus is revealed to them. When Jesus leaves them, they say to each other, “Were not our hearts burning within us as he talked to us along the road?”

# Mercy Center Auburn

*“Were not our hearts burning within us as  
HE talked to us along the road?”*

### WHAT IS SPIRITUAL DIRECTION

Spiritual direction is a time to reflect on your prayer life and to nurture your relationship with God. Spiritual direction helps the person who is seeking a deeper relationship with God to notice the presence of God in the various events, relationships and structures of one’s life. Spiritual direction invites persons to develop a contemplative attitude in their life.

The director, as a companion, listens and is attentive to the spiritual life and journey of the directee, seeking always to enhance and deepen the relationship between God and the directee. The relationship of spiritual direction is sacred, safe

### MEETING WITH A DIRECTOR

Spiritual direction is a conversation where you may:

- ◆ Speak about your faith experiences
- ◆ Reflect on God’s personal communication and activity in your life.

Your companion may:

- ◆ Act as a mirror of what you describe
- ◆ Ask questions designed to clarify
- ◆ Suggest approaches to prayer
- ◆ Increase your awareness of God’s presence and activity in your life.

## A DEEPER PRAYER LIFE

*Popular Merton scholar, James Finley, has written about the yearning we experience for a deeper prayer. He describes this desire as... “A delicate, subtle fire, a desire without name, which people sense to be the presence of God calling them to union.”*

### HOW DO I BEGIN?

If you would like to talk to someone about deepening your spiritual awareness and your relationship with God, we invite you to contact us. Mercy Center Auburn has spiritual directors on staff, all of whom have completed extensive training and certification as Spiritual Directors. You can set up an hour appointment to talk over your expectations and questions. After that, a director usually suggests you spend some time reflecting on that meeting to see if you would like to meet on a regular basis.

### HOW OFTEN DO I COME?

Frequency of visits is usually once a month for about an hour, but may vary for each person. There is a recommended donation per session to be arranged with your Spiritual Director. This offering is generally in the range of \$45 to \$65 per session, but one’s ability to pay need not be a deterrent to receiving spiritual direction.